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Trip to the CURE Hospital



This girl was found crawling along the street by Dr. Gocken's wife. She has had surgery to correct club feet and will now be in rehabilitation for several weeks.



This boy in a wheelchair queried, "Do you have any toys?"

Just out the back door of the American Embassy is a healing oasis of color and care; Cure Hospital opened its doors in 2008 to treat children

crippled by cleft palates, club feet, spinal deformities and traumatic wounds. Once treated the child has a far better chance of living a successful life and is less likely to become one of the thousands of beggars we see on the streets of Addis Ababa. In the last two years Cure has seen clinically 6,418 children and performed 2,256 surgeries. In cases of club feet in very young children, casting is the first option, often successful, thus avoiding more expensive and painful surgery. In addition to medical care the children and families receive spiritual mentorship to help them and their communities adjust to change.

The patients come from all over Ethiopia, brought to Cure through the Cure clinics, Government clinics, and even sometimes by Chief Surgeon Dr. Eric Gocken's wife Corinne, who has a harder time walking past distress than many of us!

Funding for Cure is primarily from private donors, grants from USAID, the most recent of which bought a digital X-ray machine, and about 30 % funding raised by the elective surgery division. Cure is the only hospital here that has the ability and tools to perform a variety of surgeries on demand.

Ways you can Help:

- Donations of money– The families who receive treatment at Cure are mostly poor and from rural areas.
- Donations toys– When we visited a boy asked me, "Do you have any toys?" Clean used toys would be welcome.
- Donations of time– If you are looking for a heart warming way to spend a few hours a week, consider coming in to play or read to children. By Maggie DeLoach

Contact: Adey Abate, Executive Director 011 123 7767 aabate@cureethiopia.org

Bank Account: Dashen Bank, Airport Branch, Beneficiary Name-CURE International, Inc. Account Number 004 55191 1002

The Lion

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The Lion is published bi-weekly by the Community Liaison Office in Addis Ababa, Ethiopia to provide news, information and resources to the American Community in Ethiopia.

The Lion is always interested in your photos and articles. Please send your submissions by 10 am on the Monday before publication to:

claddisababa@state.gov

Hours of

Embassy: *Monday-Thursday 7:30-5:00pm, Friday 7:30-12:30 pm*

Phone 011 130 6000

After Hours 011 130 6911

<http://addisababa.usembassy.gov>

The FSYP 2011 Environmental Contest Winner

The Foreign Service Youth Foundation is pleased to announce the winner of the 2011 Environment Contest, sponsored by the Center for Cultural Interchange (CCI). The judges selected one winner who will be honored at the Youth Awards Ceremony in the Benjamin Franklin Room

in the Harry S. Truman Building in Washington, D.C., on July 15, 2011. The winner will receive a generous cash prize of \$500 made possible by CCI.

This year the topic question challenged Foreign Service youth to "Imagine every day is Earth Day. Create an Earth Day themed event in your host community.

Plan it at your school, local community center, or outdoors in a nature setting. Invite one local environment expert to speak about environmental issues to the community. Send a one-page summary about your project, along with five photos of the event."

Alex Moreno was selected as the winner of the Environment Contest. He created "Hatari: Solar Lamps Save Lives in Tanzania." Alex is the 13-year-old son of Jose and Tracy Moreno currently posted to Dar Es Salaam,

Tanzania. Alex is an 8th grader at the International School of Tanganyika. He organized an event to highlight the safety and monetary benefits of solar energy versus the dangers of kerosene lamps. He enjoys learning about environmental issues through the "Roots and Shoots" community service activity at his school. Alex is extremely involved in sports, playing basketball and swimming on his school team. He is also part of the sailing team at the Dar Yacht Club and sails every week. He loves skiing and while living in Moscow, Russia won a diplomatic ski slalom race. Last year he climbed Mt. Meru, and in October he intends to climb Mt. Kilimanjaro with his dad. His other interests include floor hockey, baseball, badminton, guitar, drums, and the trumpet.

First stop NGO Bazaar



Sabahar-Home grown silks and cottons for the person and for the home. sabahar@gmail.com



Seble Design- Traditional Ethiopian Weaving including bedding, table linens, shower curtains, and drapes. sebledesign@gmail.com



Muya PLC- weaving, pottery, art, ceramics, antiques, and leather. muyaethiopia@ethionet.et



Menbys Design- fine weaving, art, wall hangings, purses, pillows and more! menbysdesignplc@yahoo.com

Lunch was at Da Tang- Wonderful Chinese food in a traditional setting. From Mega nagna, take the Ring Road toward the airport. At the next circle, take a left toward the Imperial Hotel. Da Tang is about 3/4 of a mile up the road on the left hand side.

SUN SAFETY FACTS AND PREVENTION TIPS

MELANOMA:

Kills 1 person every hour in the US
 Older Caucasian men have highest mortality rate
 Accounts for 5% of skin cancers
 Causes 77% of skin cancer deaths
 1 in 85 people will develop melanoma at some point in their life
 #1 cause of cancer death in women aged 25-30
 Trunk most common site in men
 Legs most common site in women
 Among African Americans, although melanoma is rare, appears most frequently on palms, soles of feet, and skin under the nails

INDOOR TANNING:

These facilities are considered a cosmetic service thus are unregulated by the FDA
 Ultraviolet radiation (UVR) is a proven human carcinogen, according to the US Department of Health and Human Services.
 New high-pressure sunlamps emit doses of UVR that can be as much as 12 times that of the sun.
 Nearly 30 million people tan indoors in the US every year and 2.3 million of them are teens
 On an average day, more than one million Americans use tanning salons.
 Seventy-one % of tanning salon patrons are girls and women aged 16-29.
 Exposure to tanning beds before age 35 increases melanoma risk by 75%.
 The indoor tanning industry has annual estimated revenues of \$5 billion.

Protection from sun exposure is important all year round, not just during the summer or at the beach. Ultraviolet (UV) rays can reach you on cloudy and hazy days, as well as bright and sunny days. UV rays also reflect off of surfaces like water, cement, sand, and snow.

CDC recommends easy options for sun protection¹—

- Seek shade, especially during midday hours.
- Wear clothing to protect exposed skin.
- Wear a hat with a wide brim to shade the face, head, ears, and neck.
- Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.

Use sunscreen with sun protective factor (SPF) 15 or higher, and both UVA and UVB protection.

Shade

You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

Clothing

Loose-fitting long-sleeved shirts and long pants made from tightly woven fabric offer the best protection from the sun's UV rays. A wet T-shirt offers much less UV protection than a dry one. Darker colors may offer more protection than lighter colors.

If wearing this type of clothing isn't practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

Hats

For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.

If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen with at least SPF 15, or by staying in the shade.

Sunglasses

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

Sunscreen

The sun's UV rays can damage your skin in as little as 15 minutes. Put on sunscreen before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back.

How sunscreen works. Most sun protection products work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. All products do not have the same ingredients; if your skin reacts badly to one product, try another one or call a doctor.

SPF. Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a sunscreen with at least SPF 15.

Reapplication. Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours, and after you swim or do things that make you sweat.

Expiration date. Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

Cosmetics. Some make-up and lip balms contain some of the same chemicals used in sunscreens. If they do not have at least SPF 15, don't use them by themselves.

Reference ¹Centers for Disease Control and Prevention. [Guidelines for school programs to prevent skin cancer.](#) *MMWR* 2002;51(No. RR-4):1–16.

GLEN HOUSE: A Slice of Scottish Heaven

by Douglas E Morris



It seems that the recent royal wedding has rekindled the world's love affair with British royalty. If you have ever wanted to experience that sense of tradition and finery for yourself, now you can at Glen House in Scotland. And at an affordable price too.

One of the most spectacular estates in the Scottish Borders, Glen is a 5,000 acre natural refuge of parkland and woods sweeping up to heather laden moorland on all sides. In the midst of this natural beauty stands magical Glen House, a castellated Victorian fantasy that epitomizes *Scots Baronial* - an architectural style that draws on the long history of Scottish country houses.

It all began in 1853 when Sir Charles Tennant (1823—1906), a brilliant and energetic entrepreneur who became one of the richest men in Victorian Britain, bought the Glen estate. However, dissatisfied with the modest house set on a valley floor, he commissioned a leading Scottish architect, David Bryce, to build him an imposing castle complete with towers, turrets and gargoyles, which was completed in 1858.

Though started as a rich man's whim, it has become a place for many to put the troubles of the world behind. At Glen House it is possible to do as much or as little as you want, but one thing is for certain, you will relax.

Tessa Tennant and Bill Staempfli, her expat American husband, are your hosts out here in the Scottish Borders, the storied lands between England and the Firth of Forth. Bill, an architect, has refurbished the old Larder Wing on the grounds of the main house, converting the space into an extremely comfortable two-bedroom holiday residence featuring period details, as well as antique furniture, paintings and other art from the Glen House collection.

"We worked hard to maintain the authentic feel of the Larder Wing," says Bill, **"while also incorporating all the modern comforts we felt our guests would appreciate."**

Originally a game larder, wine store and cart shed, a beautiful stone stair now links two floors creating a comfortable two bedroom house with the ideal symmetry between historic details and modern conveniences. The upper level has a charming picture gallery plus two bedrooms, each with en-suite bathroom. The lower level includes the kitchen, sitting room, cloakroom, courtyard and direct access to the surrounding grounds. With a stream and small waterfall just out the front door, this is an idyllic spot from which to hike, mountain bike, lounge by a nearby loch, arrange for some falconry with the estate's gamekeeper, and let the cares of the world melt away.

If something more culturally substantial is needed, there are sights all around, including the nearby Traquair House, **Scotland's oldest** continuously inhabited house, with deep roots in Scottish religious and political history stretching back over 900 years. Of particular interest to Americans, the Griffin Family of Traquair had members who featured prominently in the American Revolution. Located on the grounds is a brewery, café, art studios, pottery shed, as well as the old manor house, complete with old maps of the former colonies, as well as correspondence with George Washington himself.

However, those and other cultural and historic spots will simply be the icing on the Glen House Larder Wing experience. It is difficult to imagine a more sublime spot, and if you arrive in late April, dotting the fields will be a host of adorable baby lambs, newly brought into the world. These fumbling, fluffy white bundles of joy, add a layer of cuddly comfort to the time spent here.

"Lambing season definitely is something special," explains Tessa, **"but then so is the rest of the year up here at Glen House."**

So, if you are looking for a fairy tale setting for your next vacation, Glen House definitely fits the bill. In this remote Scottish outpost only an hour from Edinburgh, you can imagine what it would have been like to be a prince of the realm, a scion of Scottish aristocracy, part of your own personal royal fantasy.

Basics: For more information about how to rent the Glen House Larder Wing, visit www.Glenhouse.com. Facilities include: central heat, wood stove, telephone, Sat TV, WiFi internet, washing machine & dishwasher. If you are interested in a week-long, self-catered stay, email larder@glenhouse.com.

For more information on the Larder Wing see this article in *The Scotsman*: www.scotsman.com/features/Interiors-The-Old-Larder.6706008.jp





ICS UPDATES

Phone: +251-11-371544

Email: info@icsaddis.edu.et

Alternate ICS number: +251-911-333-650

PO Box 70282 Old Airport Addis Ababa

Calendar

Summer Hours

Office hours: 9:00 AM to 3:30 PM, Monday to Friday

Library hours: 9:00 AM to 12 noon, Saturdays from 18 June to 6 August

If you need to meet with a specific person in an office, please contact us ahead of time, to make sure the person will be available to meet you. The ICS Info email account will be monitored throughout the summer.

ICS Summer Camp Information

A special welcome to parents and students who are returning to ICS for another exciting summer camp of

fun and educational activities. Our summer camp includes arts and crafts, computers, sports and games,

and language arts, with the theme "TEAM" (Together Everyone Achieves More). The sessions start at 8:30 AM and end at 12 noon.

On the first day of camp, children should go to the gym where they will be notified of their groups and their everyday routine. There will be a recess for which children are required to bring their own snack and drink.

There will be supervision starting at 8:15 AM and finishing at 12:15 PM. Please make sure to pick up your child from the gym at 12 noon; after 12:15 PM, children must be picked up from the reception area.

Thank you for your trust in us in sending your children to this unique program. Please feel free to contact us at 011-371-1544 during school hours should you need further information.



Please donate Clothes, Time, Toys and/or money to the CURE Hospital. Everything is greatly appreciated.



Rainbow Music

New baby and toddler music group starting soon!

October 3rd, 10am

Addis Arms, British Embassy, Comoros Street.

50 Birr per child (10 birr local rate)

Please register for each session with Sarah

(sarahgeliher@hotmail.com)

0913 244 814

Enya's Kitchen

Restaurant Review: Enya's Kitchen off tele-Bole. **Medhaniale** /opposite Shegar House, Next to MK's.

Friends had been raving, so Jim and I ventured out to Enya's Mediterranean Kitchen for a rare chance to eat Greek Food. Locating her restaurant just next door to MK's and MK's Pizza, Enya has carved out an elegant graceful niche with a few humorous accents; colanders are wall sconces, graters are lamps. Enya is a doting hostess, greeting each table personally, guiding them through the menu to choose the best item for each guest. We asked that Enya decide for us. Out came a basket of delicious pita bread and salty rolls, several dips: Tzatziki-yogurt, garlic and cucumber, Htipiti-feta with spicy red pepper, Melit-zanosalata-char grilled eggplant and olive oil, served with two kinds of Dolmas, a luminous beet salad, Rollakia Melitzanas- a beef kabob, and Kieft- beef meatballs with cucumber. The food was carefully and beautifully presented and really tasty with an inexpensive bottle of Italian wine! Enya's will cater for your events and will soon be serving take-away food.

091 279 5876 enyasfood@gmail.com



Welcome to *EDNA Mall* Ethiopia's First Complete Family destination that offers movie entertainment, video games and playground for children, shopping and dining.

Now Showing...



For more information and show times please call 011-661-6278/6208 or visit their website @ <http://www.ednamall.net/>

Classifieds

To submit an advertisement, e-mail the editor at cloaddisa-baba@state.gov.

Vehicles

TOYOTA RAV-4 2010

DUTY FREE
\$27,000 USD
Available: MID-JULY 2011
Contact: 091 122 5962

DUTY FREE CAR FOR SALE

2008 Mahindra Scorpio 4WD (8 seater) diesel turbo GLX
Mileage: 44,000 Km
power steering, AC, power windows, power door locks, radio and CD player Excellent condition Available End of June 2011 Price: USD 19,900 Contact: Birehanu at [0911 45 46 28](tel:0911454628) or Email: iantrites@gmail.com

Green LANDROVER DISCOVERY TD5 (Diesel/ Automatic)

Discovery, 11 years old (8 years in Germany, 3 years in Ethiopia, with light use), 179,774kms – excellent condition, well maintained with no imminent NEW PRICE of US\$ 10,000 Offer, with contact details, by e-mail to: a-walker@dfid.gov.uk Mobile: 0911254 093

TOYOTA LAND CRUISER FOR SALE,
DUTY FREE. IMPORTED IN 2005.
32,000 Euros. Call 0913244544

2000 Lexus LX470 4WD (Lexus Land-cruiser): near mint condition, 101,000 miles, 8 seats, V8 engine, new tires, moonroof, bull bars, traction control, privacy glass, air bags, 100,000 mile check up performed in the U.S., and much more. Photos available on request. New Price: \$16,500. Available June/July 2011. Price and timeframe are negotiable. Contact Jeff at jladenson@hotmail.com or 0911-51-17-37.

FOR SALE

2007 NISSAN X-TRAIL
Imported new in October 2007 (1 owner only) Available immediately Price: US\$ 18,000 (Duty free) Please contact: Karen on 0911 50 05 89

Toyota 4 RUNNER 1988 188000 Km
Imported to Ethiopia: 2006
Engine: 2600cc Petrol Excellent Running Condition Price: 7000 \$
For more information contact: mfnegm@yahoo.com

2009 Toyota Yaris 20,000km, 16,000 Euro under warranty until Nov. 2011
091 320 2096

Duty Free Toyota Land Cruiser 2008,
Diesel, 55000 km, 26,000Euro Alessia
091 320 2285

Landrover Discovery 300 TDI
Duty Free, Imp. 2007 5000 Euro or \$7250, call 091 221 0863

2003 NISSAN X-TRAIL, AUTOMATIC,
4WD, GASOLINE, IMPORTED DEC. 2008, 18,000USD
selamawit.sertsu@icsaddis.edu.et

Cars for Rent: Contact Lijeshet Anteneh 091 123 7157. Two models Available: Abay or Toyota Corolla

CAR FOR RENT RAV 4-2006 MODEL Automatic transmission Great condition Contact Henok @ 0911161918

Car for Rent Toyota DX 1987 Girma Me 091 166 6002

DUTY FREE CAR FOR SALE
Mahindra Scorpio 4WD (8 seater)
Imported in January 2009, 2008 model. Price: USD 17,900 (negotiable) CONTACT: Ian at +251 (0)911 22 52 95
Email: iantrites@gmail.com

Miscellaneous

STROLLER
Seeking simple used stroller for mother of approx. 10-15 toddler with Spina Bifida who is unable to walk or sit up. ldholbrook@live.com

Home wanted

Olive is a 12-year old Ridgeback

cross, excellent with children and a good guard dog. We're moving to the UK and feel that Olive is too old to spend six months in quarantine – so we're hoping to rehome her in Addis. Please call [Suzan](tel:0911740837) on 0911 740837

Singer sewing machine. 220 volt. \$100 or best offer. Call Diane at X 6510 or 0911 21 83 01

EVDO Internet Stick: registered and ready to go, compatible with Apple products, \$50, Available on July 5. Weber Charcoal Grill, \$80, Kids Basketball Hoop, \$100. Step2Go Kids playgym, \$40. Contact Jeff at 0911-51-17-37 or jladenson@hotmail.com

Printer: Brother5340D B&W Laser printer, USB interface, excellent condition, with Rosewill Model No RTCA-TN650 replacement toner cartridge. \$175 or 2950ETB. EVDO Modem: ZTE USB EVDO Internet modem, with working, current subscription. 1500ETB
Jim@deloach.net

I need a home for 7 weeks this summer. My name is Ezi. I am an 18 month old female puppy with all my shots and I've been fixed. My current owner won't arrive in Addis until the first week in August. I live outside, Please contact Alice Brown at alice.brown@icsaddis.edu.et if you can give me a place to stay.

Domestic Help

Exceptional evening and weekend driver/personal assistant available. Tamirat has worked for us for two years, solving tricky problems and taking excellent care of us and our car. Contact Tamirat at 091 166 8556 referral Maggie@deloach.net

Gardner/handyman: Mesfin Ketema is a dedicated gardener/handyman seeking part time or full-time employment. I have known Mesfin for more than a year and found him to be reliable, hardworking and friendly. Available to work immediately. You can call Mesfin directly at 0911-921-322, 0911-053-177, or email Christine Parker (ParkerCD2@yahoo.com)

Excellent Cook. Trained on all American favorites: Call - Eteneshe 0911.88.37.49 For references: travisandjoanna@gmail.com

Excellent Guard/Honest and Hard-working completing multi-passenger driving license test in June Call - Mulye 0911.71.45.48
For references: travisandjoanna@gmail.com

EXCELLENT DRIVER available mid-June. Excellent English, knows the city inside and out as well as surrounding areas, great safety record, trustworthy, works evenings whenever needed. can independently take your visitors on various "city tours". Prior to working for me he drove 4 years for a USAID employee whose glowing recommendation is also on file. Contact Rebecca at 0912-376-108 for more info. Or call Mathewos direct 091 168 1071

Driver Mesfin is friendly, speaks and understands English, is a lovely man who we trusted with our children and all sorts of jobs and bills. He is very reliable, friendly and committed. We hired a car and he drove that for 6 months and never once let us down in any way. He has two young children of his own and lives in Old Airport area. To contact Mesfin you can call him on 09 11 138 960

Trustworthy/Experienced Nanny/ Housekeeper Pair Available July 1: Tsehay Bimerew (househelper/nanny) and Etawa Zerue (housekeeper) have worked for our family for two years and worked for a USAID family for three years prior to coming to our household. They work very well as a team, given Etawa's limited English ability and Tsehay's very strong English language skills. Tsehay cared for our two children (7 and 9) and is experienced in caring for children from newborn age on up and has a child of her own. Etawa kept our large home spotlessly clean and never missed a day of work. Call Tsehay at 0911732520 or email Kate at Kate.Pongonis@gmail.com.

Classifieds

Reliable Gate Guard/Gardener

Available July 1: Abebe Worku has worked for our family for 2 years and worked for U.S. Embassy families before us. He has a full Embassy background check. English skills are fair. Call Abebe at 0913748155 or email Kate at

Kate.Pongonis@gmail.com. You may also call the Embassy Housing Office to assist in communication with him.

Excellent/Experienced Domestic

Available July 1: Felekech Tadesse has worked for U.S. Embassy families for 40+ years as a cook/housekeeper/house manager/nanny. Cooking is her passion--cooked for former Ambassador. Excellent English. Familiar with Embassy staff/procedures. Meticulous and highly reliable/trustworthy. Call her at 091-022-0691 or email Kary at hintztate@gmail.com

Zelalem Mengistu is an experienced, reliable, knowledgeable driver who has worked for us for the last 5 months. He has 11 years experience as driver. His dependability is exceptional. He has completed his background security investigation with the Embassy along with a cleared medical exam and has a current identification card. He can be reached at 091153801. For references sgwilliams2@gmail.com

Makonnen works as a gardener and day guard. He is extremely diligent and hard working. He always arrives early and stays until the night guard arrives to ensure guard coverage. Makonnen is great with children and our puppy as well. He has managed our large garden while also carrying out his guard duties. Contact the Baumans at 0911-50-11-69 or KirstenBauman@hotmail.com

Shimeles Mengistu is an experienced, dependable and attentive day guard. He has worked for us for the last 2 years and came highly recommended from the previous resident. He has over 6 years as a day guard. He has a current cleared medical exam. He can be

reached at 0911712693. For references sgwilliams2@gmail.com

Helen is a meticulous housekeeper who can also babysit. She is diligent and thorough in her cleaning, and is very experienced after working 5 years in Dubai with one family. Helen has been with us for just over a year, keeping our home clean and babysitting for our two children. She is reliable and trustworthy. Contact the Baumans at 0911-50-11-69 or KirstenBauman@hotmail.com for more information.

Salem is available during weekday hours for housekeeping and she can also babysit. She does laundry, dishes, mops, dusts, and other duties as instructed. Salem has been with our family for just over two years. She is reliable and trustworthy. Contact the Baumans at 0911-50-11-69 or KirstenBauman@hotmail.com for more information.

Nanny Recommendation: Tigist Berhanu has worked for us for the last 6 months as a nanny to our 14 month old son. She has child care training/certifications and is also a mother of two. I highly recommend her; she is kind, thoughtful, responsible and we have regarded her as a member of our family. She speaks English well. Please contact her directly: Tigist 254913275753 or email at tg6su7@gmail.com.

Driver available: We no longer need our dependable full-time driver and would like to help him find a new position. Alemayu is very safe, punctual, and keeps the car in good order. He has completed his embassy security clearance. Contact him at 0911393351. For reference, call Warren at x6756.

Day guard/gardener:

Yohannes is a dedicated day guard/gardener who has providing unfailing service for the past two years. He is honest and eager to help however he can. He would love to continue his work as a full-time day guard/gardener. He attends night school during the week and must leave late afternoon to

get to class on time. Please direct any questions to Stephanie at reedsl@state.gov or 011.130.6179.

Nani Tesfaye has been my housekeeper for 2 and 1/2 years. She does all my shopping, cleaning, washing and cooking. I am single so she does not have much work but always finds things to do and surprises me constantly with things like sewing on buttons. She has experience working with families and would prefer a full time job. Nani writes and speaks English well. My number is 0911453393 and Nani's number is 0911193286. I leave in early September and Nani should be available in mid to late August. Nancy Russell

Diplomat family in Saudi Arabia seeking nanny

Family in Saudi Arabia is seeking a live-in nanny for two children, ages 4 and 2. We will provide: transportation from home country, lodging, meals, and monthly stipend. Seeking experienced nanny who speaks English and/or Arabic and is willing to relocate. If interested, please contact hazarhashem1976@hotmail.com with a brief description of work history.

Leaving? Be careful what you try to carry out of ET!

- No More than 200 ETB
- No more than \$1000
- Get Certificates for silver, gold, antiques, crosses or put them in your HHE
- Trade in your Foreign Currency
- Ostrich eggs, laptops, cameras can be trouble!

Services

Dog Grooming: The Sisay sisters will groom your dog with affection and patience. Call 0911 380 154

Personal Trainer Available: Mohit Vartak is a Certified Personal Trainer with over 15 years of experience. Available for personal training, nutrition consultation, body analysis, and fitness plan development. He is also available to lead group classes. Call him directly at 091 215 812 Recommended by Allyson Wainer (1/6/11)

Massage in your own home. Fere has her certificate in massage therapy: Swedish, Shiatsu, hot stone, aroma therapy massage, and reflexology. She brings her own massage table. She has been serving the American Community for many years. Contact Fere at 091 168 9475 Recommended by Diane Corbin

Fitness Kickboxing - Cardiovascular training, Punching bag training, and shadow boxing. This class is targeting people seeking to improve their overall fitness and weight loss. Full Contact Kickboxing In Kamau's home or Laphto in old airport For more information, please contact : kamkickboxer@yahoo.com

Personal Tailor: I highly recommend Wendie's tailoring services. Wendi does not have a store front, but comes to his customers! He procures all the necessary materials and brings samples with him. I was especially impressed with my suit, as many tailors cannot quite manage to make feminine suits. Wendie is skilled and charges a fair price. Contact Wendie 0913.241.733 wondeseno@yahoo.com

Teachers

ICS seeking experienced certified teachers: Please contact Hubert Gordon , Elementary Principal at 011-371-1544

Hubert.gordon@icsaddis.edu.et

Private Music Lessons: www.icsaddis.edu.et
Click on "Academics", Scroll to "Performing Arts", Click on Band, Scroll to "Private Lessons"



Are you looking for information about how to start breastfeeding?

Do you have questions about how often or how long babies breast feed for?

Do you have concerns about spoiling your baby, managing your other children, or helping the baby's father feel comfortable in his role?

Are you thinking about returning to work and wonder if it's still possible to breastfeed?

Perhaps you are looking to meet other breastfeeding mothers in a supportive environment, here in Addis Ababa?

Come and discuss all these issues at the first meeting of La Leche League of Addis Ababa on 14th September from 10.15am GMT (4.15am Ethiopian time) at The Addis Arms, The British Embassy, Comoros Street.

The programme will be "There's a New Baby in Your Life." All mothers and mothers-to-be are welcome. Babies are welcome too!

The group meeting will end at midday. Mothers with specific breastfeeding issues will have time to discuss their issues one-to-one with Alice, the group leader, who is also a qualified lactation consultant, after the meeting.

The Addis Arms serves hot drinks and offers delicious, good value lunches from midday-just the thing for hungry breastfeeding mums!

For more information, and to register your details (embassy security needs your name/car registration number), please contact Alice on amehackett@hotmail.com, 0911 255 559

July/August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4 Deadline Lion Submissions	5	6 Lion	7	8	9
10	11	12	13	14	15	16
17	18 Deadline Lion Submissions	19	20 Lion	21	22	23
24	25	26	27	28	29	30
31	1 Deadline Lion Submissions	2	3 Lion	4	5	6